

SWELLING

Pressure from the growing uterus and your changing hormones can cause swelling. Swelling is due to the blockage of drainage pathways and is sometimes caused by water retention. Be sure to avoid excessive sodium intake, which will only make you retain more water. Support hose, staying hydrated and resting with your legs elevated may be helpful in reducing swelling.

If you experience sudden onset of swelling or if one leg is significantly more swollen than the other, call the office.